

# Adjust your attitude and your bank balance



GO Benefits

Sponsor

*How do you view money? Since your money attitude is often subconscious and ingrained in childhood, you might not realise how it affects your financial decisions. Have a look at the four blocks below and see which one describes your relationship with money best.*



## HEY, BIG SPENDER

### Diagnose yourself

- Have you ever been described as a shopaholic?
- Do you spend money when you feel down, or to reward yourself, without thinking about the consequences?
- Is your debt getting deeper and darker each month?

### Treat the problem

- Cut up the credit cards and start budgeting! Get professional help if you are drowning in bills.
- Find different ways to reward yourself. Self-care doesn't have to be expensive. No more retail therapy.
- Get a hobby that reduces stress and that doesn't cost the earth. You could even make money from a hobby that brings you joy.



## STATUS IS SUPREME

### Diagnose yourself

- Is your image more important than your financial security?
- Do you struggle to keep up with trends and what your friends are doing or buying?
- Do you sacrifice necessities for flashy luxuries?

### Treat the problem

- Try to identify why you feel the need to validate yourself through material possessions. You might be feeling unhappy or incomplete for a totally separate reason.
- Make a list of the things you truly value and that bring you real joy and go through that list before making any big purchase.
- Steer clear of social media if you can. Don't feel pressured to try and replicate the 'perfect' lives people pretend to have.



## OSTRICH MENTALITY

### Diagnose yourself

- Do you feel undeserving of financial security?
- Does the thought of looking at your finances leave you anxious or stressed out?
- Does money feel like something you constantly have to fight with, or about?

### Treat the problem

- Use your money for good causes as often as you can. Your future happiness is a very good cause, so save as much as possible.
- Accept that you will have to take some risks with your money every now and then.
- Set aside a scheduled time each week to keep track of your finances. If possible, do this together with someone in your household and ask them to help you stick to it.



## MONEY UNDER THE MATTRESS

### Diagnose yourself

- Do you resent having to spend any money at all?
- Have you ever been described as stingy or a cheapskate, even as a joke?
- Do you keep your finances secret from everyone, even your family/partner?

### Treat the problem

- Accept the fact that life costs money and resolve to be more flexible. Speak to a professional financial advisor if you want a second opinion to help you come to terms with your financial plan.
- Think about the things you regret not having done because you didn't want to spend the money at the time.
- Add an item to your budget that is just for something that will bring you joy.

***A healthy attitude is important for success, but it takes time to develop. The first step to fixing something is understanding what it is. Being mindful will help you make better financial decisions.***

Disclaimer: The information contained in this communication, including attachments, is not to be construed as financial advice in terms of the Financial Advisory and Intermediary Services Act of 2002 or any other form of advice. No warranty is provided that the information is appropriate or suitable for any particular purpose.